

Harvest of the Month



JÍCAMA



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some jícama.
2. **MAKE** a dish with jícama using the recipe and ingredients provided.
3. **LEARN** about jícama with the information below.

Fun Facts

- Jícama is originally from what is now Mexico and Central America, where the growing season is long and warm.
- We eat the root of the jícama plant. It takes around nine months for the root to get big enough to harvest.
- The heaviest jícama root ever grown weighed 51 pounds!
- Jícama is often eaten raw, sometimes with lemon or lime juice and chili.
- Jícama is a good source of vitamin C which helps you fight off infection!



How Does it Grow?



Jícama is in the bean family! The jícama plant grows as a vine that can reach over 15 feet long and produces bean pods. The root of the plant is the only part that is edible, however. All other parts of the plant are poisonous!

The logo for CalFresh features the word "Cal" in a stylized green script font, with a green leaf graphic integrated into the letter "a". To the right of "Cal" is the word "Fresh" in a bold green sans-serif font. Below "Fresh" is the phone number "1-877-410-8809" in a smaller green font.

Enrolled in CalFresh? Don't forget to complete your semi-annual report, also known as the SAR 7! It is due 6 months after your application or annual renewal.